

# SUMMER FIT



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## SummerFit - Week 7

You are now two weeks away from completing SummerFit. Over the past six weeks you should have developed several new healthy habits. Overall, your aim at the end of SummerFit should be to have increased your daily level of physical activity, improved your nutrition, and have stayed clear of tobacco. This week, focus on planning your meals in advance so that you set yourself up for long term success.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- Completing the “Weekly Bonus” – 10 points

## Eating In

There are many reasons why eating meals at home can contribute to better health, including better control over portion size, fresher food items, and healthier preparation methods. There are also the added benefits of increased family time together, cost savings, and variety.

In recent years, changes in the way we live have led to some unhealthy eating habits:

- Portion sizes have dramatically increased.
- Most Americans consume less than one serving of whole grains a day, while consumption of refined grains with less nutritional value is on the rise.
- Soft drink consumption has increased as milk consumption has decreased.
- The number of fast food restaurants in the U.S. rose from 30,000 in 1970 to 222,000 in 2001.



Take the extra time to choose foods wisely for later preparation at home. You'll quickly begin to see the health benefits of eating in.

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## Weekly Bonus



This week's bonus points can be earned by packing your lunch at least one time this week.

It's easy and convenient to grab lunch on the go, particularly with today's fast-paced lifestyle. However, there is a downside to eating out. Foods prepared at home are often lower in calories and fat, and tend to be a more well-rounded meal. Grocery shopping with a packed lunch in mind and the healthy options are limitless.

This week, plan your meals away from home. Break out your old lunchbox, and pack it with healthy items that will give you the energy you need to get the most out of your day. Don't forget to award yourself 10 bonus points for completing this activity.